



SUMMER COMPETITIVE MAY 31ST-JUNE 11TH

SWIM TEAM

WELCOME! FOR THE FIRST TWO WEEKS OF JUNE PARTICIPANTS WILL BE WORKING ON FREESTYLE AND BACKSTROKE. TIME TRIALS WILL BE HELD ON WEDNESDAYS BEFORE THE STROKE MEET.

(TUESDAYS FOR STAPLEY NIGHT.) IF A SWIMMER IS IN THE TOP 8, THEY WILL BE PARTICIPATING ON A RELAY, RELAY PRACTICE IS THURSDAY MORNINGS. **(WEDNESDAY NIGHT FOR STAPLEY NIGHT.)**

TEAM SUITS ARE NOT REQUIRED HOWEVER, ONLY TEAM CAPS CAN BE WORN AT MEETS. GET YOURS FOR \$3.50 IN THE OFFICE.

TIMES TO ARRIVE FOR THE FREESTYLE MEET:

10 AND UNDER 5:30PM FOR WARM-UPS

11 AND OLDER 7:00PM, WARM-UPS BEGIN AT THE CONCLUSION OF YOUNGER MEET.

CHECK WITH A COACH OR SEE THE COMPETITIVE CALENDAR FOR FREESTYLE MEET LOCATIONS.

DIVE TEAM

WELCOME! FOR THE FIRST TWO WEEKS OF JUNE PARTICIPANTS WILL BE WORKING ON FRONT JUMPS AND DIVES, AND BACK JUMPS AND DIVES. EACH WEEKLY MEET HAS 1 REQUIRED DIVE AND AT LEAST 2 OPTIONAL DIVES.

TEAM SUITS ARE NOT REQUIRED HOWEVER THERE ARE SOME STIPULATIONS ABOUT THE TYPES OF SUITS THAT CAN AND SHOULD BE WORN. PLEASE SEE HANDBOOK OR TALK TO YOUR COACH WITH ANY QUESTIONS.

TIMES TO ARRIVE AT MEETS FOR JUNE:

8 AND UNDER 5:30PM FOR WARM-UPS

9 AND 10 6:15PM

11 AND 12 7:00PM

13 AND OLDER 7:30PM

SYNCHRONIZED SWIM TEAM

WELCOME! FOR THE FIRST TWO WEEKS OF JUNE PARTICIPANTS WILL BE LEARNING AND WORKING ON THE TOWER AND BALLET LEG. ADDITIONAL FIGURES WILL BE LEARNED FOR EACH WEEKLY MEET. DUETS AND TRIOS WILL BE DECIDED AND STARTED AS WELL.

TEAMS SUITS FOR SYNCHRO ARE ALL BLACK SUITS, HOWEVER THEY ARE NOT REQUIRED. TEAM CAPS OR SOLID CAPS ARE THE ONLY CAPS THAT CAN BE WORN AT THE MEETS. GET YOURS FOR \$3.50 IN THE OFFICE.

TIMES TO ARRIVE AT THE MEETS FOR JUNE:

10 AND UNDER 5:30PM FOR WARM-UPS

11 AND OLDER 7:00PM, WARM-UPS BEGIN AT THE CONCLUSION OF THE YOUNGER MEET.

PLEASE LET COACHES KNOW OF ANY VACATIONS PARTICIPANTS ARE GOING ON.

WATER POLO

WELCOME! FOR THE FIRST TWO WEEKS OF JUNE PARTICIPANTS WILL BE LEARNING AND WORKING ON THE BASIC FUNDAMENTALS OF WATER POLO.

TEAM SUITS ARE NOT REQUIRED, ONLY ENCOURAGED. HOWEVER THERE ARE SOME STIPULATIONS ON THE TYPES OF SUITS THAT SHOULD BE WORN. PLEASE SEE HANDBOOK OR TALK TO YOUR COACH WITH ANY QUESTIONS.

WATER POLO IS VERY MUCH A TEAM SPORT. PRACTICES AND MEET ATTENDANCE ARE VERY IMPORTANT FOR THIS TEAM, AS PARTICIPANTS ARE LEARNING HOW TO WORK AND PLAY TOGETHER.

TIMES TO ARRIVE AT THE MATCHES FOR JUNE:

10 TO 12 7:30AM

13-15 8:30AM

Swim Suit Dates:

East Valley Sports will be at the pools at 7:30

June 2nd: Kino and Mesa

June 3rd: Stapley and Shepherd

June 6th: Carson and Skyline

June 7th: Rhodes and Brimhall

Fremont- To East Valley Sports

Optional Equipment

Swim- Goggles, water bottle, caps (team caps sold in office for \$3.50)

Synchro- Goggles, water bottle, caps, nose clips.

Dive- Water bottle, shammy

Water Polo- Water bottle